



LESSON PLAN

Road Safety Risks For Young People



STAGE
Years 7 - 8



DURATION
45 minutes



SUBJECT
**Health &
Physical
Education**



RESOURCE OVERVIEW

Road safety is an issue for children and young people. But there are a variety of strategies to reduce the risk associated with these age groups.

In this lesson, students investigate the key road safety risks for young people, and they consider the extent to which their families and peers influence their road safety behaviours related to these key risks. They identify strategies to improve road safety for young people, and develop key messages and ideas for a public awareness campaign.

Resource Details

CURRICULUM ALIGNMENT

This activity supports:

Personal, Social and Community Health

Being healthy, safe and active

- Investigate and select strategies to promote health, safety and wellbeing (VCHPEP126)

Contributing to healthy and active communities

- Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)

RESOURCE REQUIREMENTS

This lesson requires:

- Student laptops/tablets for internet research and developing presentations

LEARNING INTENTION

In this lesson, students will:

- Develop their understanding of the key road safety risks faced by young people around their age, and strategies for being safer.

SUCCESS CRITERIA

By the end of this lesson, students should be able to:

- Identify the key road safety risks for themselves and young people around their age.
- Describe personal strategies for being safer when using the road.
- Propose ideas for key messages and campaigns for promoting road safety to young people around their age.

Lesson Plan

Tuning in

APPROX. 10 MINUTES

Explain that road crashes were the most common cause of death among children aged 1–14 (12%) in 2019 (Source: Australian Institute of Health and Welfare - <https://www.aihw.gov.au/reports/injury/transport-accidents>).

With students, brainstorm what young people around their age think are the main risks they face when using the road as a:

- Pedestrian (e.g. crossing the road at intersections and midblock, speed of vehicles)
- Cyclist (e.g. riding through and turning at intersections, drivers not seeing you, car doors, not having an off-road path or on-road bike lane as an alternative to riding on the road with traffic)
- Passenger in a vehicle (e.g. driver speeding, driver being distracted, driver affected by drugs/alcohol, not having good passenger safety features in the vehicle)

Record these on a whiteboard.

Main activity:

APPROX. 30 MINUTES

In small groups, have students conduct an internet search to determine the main road safety risks for young people around their age in Australia.

Explain they should make sure they use reliable websites, such as those from government agencies or research organisations. For example:

- TAC - <https://www.tac.vic.gov.au/> look under Road Safety
- VicRoads - <https://www.vicroads.vic.gov.au/> look under Safety and Rules

Have each group share their findings with the class. Compare how the findings from the research differ from the earlier brainstorm list.

Compile a new list of road safety risks from their research on a whiteboard. Add to these if needed.

Ask the groups to discuss the extent to which family and friends (peers) influence their road safety behaviour (linked to the key risks for young people).

Have each group share their discussions with the class.

Ask what could improve safety for young people when using the road as a passenger, pedestrian, and cyclist. Ask groups to think about personal strategies, vehicle safety features and/or road design features. For example:

- Passenger – always use a seatbelt, only travel with safer drivers, be prepared to speak up and tell the driver if you feel unsafe, ask the driver to stop and get out of the car if you feel unsafe, travel in cars with passenger safety features such as curtain airbags, auto emergency braking (AEB), electronic stability control (ESC) or lane keep assist
- Pedestrian – always using available safer crossing points, always obey pedestrian traffic signals, lower speed zones around schools, provide more safer crossing points, such as school and other pedestrian crossings
- Cyclist – avoid busy roads and intersections, use a hook turn when turning right, be extra careful when passing parked cars, provide safer options for cyclists such as off-road paths and bike lanes on roads

Using the worksheet provided, have groups discuss and develop some things that could improve safety for young people when using the road as a passenger, pedestrian and cyclist.

Have each group share their ideas with the class.

Now have each group develop some key messages and ideas for a public awareness campaign advocating for ways to improve road safety for young people. E.g. messages and campaign ideas to encourage young people to not travel in cars driven by young drivers, or for lowering speed limits around schools.

Have each group share the key messages and ideas with the class.

As an extension activity, the groups could further develop these key messages and campaign ideas into storyboards or other campaign materials for display around the school.

Recent research for TAC into road safety risks for children and young people (2015-2019) identified that for those in the early years of secondary school:

- A significant proportion of passengers killed or injured (22%) were travelling in vehicles with a young driver aged 18 to 21 years, and in some cases by someone under 18.
- Crashes involving pedestrians killed or seriously injured, occurred both in mid-block locations (55%) and at intersections (44%).
- Most of the cyclists killed or seriously injured were male (88%) and many were not wearing helmets (25%). Crashes were mostly on local roads (72%) and many involved cyclists entering the road from the footpath.

Reflecting activity

APPROX. 5 MINUTES

Allow students a couple of minutes to reflect on the personal strategies and key messages the class developed. Ask them to choose at least one of these that they could adopt to keep themselves safe when using the road.

Ask students to share what they chose and why with the class.

Road Safety Risks for Young People Worksheet

1. In a small group, conduct an internet search to determine the main road safety risks for young people around your age in Australia.

Make sure you use reliable websites, such as those from government agencies or research organisations.
For example:

- TAC - <https://www.tac.vic.gov.au/> look under Road Safety
- VicRoads - <https://www.vicroads.vic.gov.au/> look under Safety and Rules

2. Develop some ways to improve safety for young people when using the road, e.g. personal strategies, vehicle safety features, road design features.

THINGS TO IMPROVE SAFETY FOR YOUNG PEOPLE AS A PASSENGER

THINGS TO IMPROVE SAFETY FOR YOUNG PEOPLE AS A PEDESTRIAN

THINGS TO IMPROVE SAFETY FOR YOUNG PEOPLE SAFETY AS A CYCLIST

3. In your group develop some key messages and ideas for a public awareness campaign advocating for ways to improve road safety for young people, e.g. messages and campaign ideas to encourage young people to not travel in cars driven by young drivers; messages and campaign ideas for lowering speed limits around schools.



www.roadsafetyeducation.vic.gov.au